

Back to school essentials for your child's brain power



Nutrition Australia recommends to pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

1. Fruit e.g. fresh, frozen, pureed and canned in natural juice
2. Vegetables, legumes and beans
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
5. Grain (cereal) foods
6. Plain water



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